



Community Youth Center K-5 Wrestling Program

A. GENERAL INTRODUCTION:

- i. Our K-5/Elementary Wrestling is an introductory level program emphasizing the basic fundamentals of wrestling in a safe and fun learning environment. Our curriculum is geared to meet the needs of CYC students and to prepare them for the next levels of wrestling. Every class has six different learning components; proper warm-up (stretching and lead-up exercises), Kinesthetic awareness exercises (tumbling), review of basic wrestling techniques and or new wrestling techniques, live wrestling, wrestling games, and conditioning (pull-ups or rope climbs, push-ups, and sit-ups).
- ii. We teach three styles of wrestling at CYC; Greco Roman, Freestyle, and Folkstyle. The Greco Roman and Freestyle disciplines are used in the Olympics while Folkstyle is used by schools and universities in the U.S. In Greco Roman Wrestling, it is against the rules to attack your opponent below the waist, or use the legs to perform any scoring or defensive techniques. In Freestyle wrestling, however, it is permissible to grasp the legs of the opponent and to use the legs actively to perform any action. Folkstyle is similar to Freestyle wrestling but emphasizes more control when scoring. For more information on the sport of Wrestling please visit this web-site http://en.wikipedia.org/wiki/Amateur_wrestling
- iii. At the CYC our goal is to develop young individuals to grow in athletics, academics, and life. We recommend that our athletes take advantage of The CYC Academic Excellence (AE) program. This program is designed to augment our members' current studies. Our instructors are on site Monday through Friday from 3:00 p.m. to 7:00 p.m. and will assist students with their educational needs.

B. PRACTICES:

- i. **TIMES:** Classes are held Tuesdays and Thursdays from 4:00 p.m. to 5:00 p.m. in Building #2 (2251 Galaxy Ct). We ask that you have your son/daughter here on time for class; it is very disruptive to the class when students walk in late. **Your son/daughter will not be able to participate in class if they arrive more than ten minutes late.**
- ii. **RULES:** We expect all of our students to follow these rules and procedures in order to maintain a safe and fun learning environment:
 - *EYES* watching
 - *EARS* listening
 - *MOUTH* quiet
 - *HANDS* to yourself
 - *RESPECT* others
 - *DEMONSTRATE* good sportsmanship
 - *USE* equipment correctly

Any student that has problems following the above rules and procedures will be subject to discipline, including:

- WARNINGS
- TIME OUTS
- PARENT CONFERENCE
- POSSIBLE DISMISSAL FROM THE CLASS

**Community Youth Center
K-5 Wrestling Program**

- iii. **WHAT TO WEAR AT PRACTICES:** Proper attire for practices: T-shirts, shorts, and preferably wrestling shoes. **All clothing worn on the mat must be clean, free of rivets, buckles, zippers or any sharp objects that may damage the wrestling mat.** Remove all watches and jewelry.
1. **FOOTWEAR:** Wrestling shoes are recommended for wrestlers, but most clean soft-soled shoes (or stocking feet) that won't leave marks or otherwise damage the mats may be acceptable. Everyone must wipe off the soles of their shoes before walking on the mats. A shoe cleaner is located at the northeast corner of the mats for cleaning shoes. Wrestling shoes are available at most large sporting goods stores and online.
 2. **HEADGEAR:** Headgear to protect the ears is not required at this level of wrestling but is recommended for wrestlers over 100 pounds, wrestle more than three times a week, or whose ears are sensitive to the rigors of wrestling. As headgear is required in middle school and high school wrestling, it's not a bad idea to get used to wearing headgear at this level of wrestling.
 3. **MARK ALL PERSONAL EQUIPMENT:** Be sure to mark your personal belongings and wrestling equipment with your name and/or phone number. It's quite common for people to accidentally pick up someone else's personal property by mistake at the end of practice.
- iv. **SPECTATORS:** During practice spectators are restricted to the bleacher area only. This helps keep street shoes from tracking dirt onto the mat, and also makes for a safer and roomier area for the wrestlers. Please do not coach your children from the bleachers or ask the coaches questions during class as this leads to disruptions.
- v. **CLASS PROMOTION:** Students will be moved to different classes (Middle School or High School) when the CYC coaching staff feels that the student has developed technically and is physically ready. This is not a parental decision, if for some reason you think that your child should move to a different class or you want to discuss your Child's progress please schedule a meeting with the Head Coach of your Son/Daughter's class.

C. TOURNAMENTS/COMPETITIONS:

- i. Sanctioned tournaments are scheduled throughout California most weekends during the year, with many of them here in the Bay Area. During the fall and winter the majority of competitions are Folkstyle tournaments. Most of these tournaments are for Middle School and High School aged Wrestlers. In the spring we focus on the Olympic styles of wrestling (Greco Roman and Freestyle). There are more competitions available for elementary aged wrestlers with tournaments every weekend in March and April. A \$30.00 membership card is required to compete in USA Wrestling sanctioned events. These can be purchased here at the CYC. Please contact the Head Wrestling Coach at ext. 221 for additional information. The cost to wrestle in our local association tournaments is \$10.00 for the first style and \$5.00 for the second. The price to compete at State Championship tournaments is \$25.00. Competing in these tournaments is optional. Parents and wrestlers decide which, where, and how many tournaments they wish to compete in. Parents and wrestlers may also compete on their own in other tournaments in California as well as in other states, provided they have their USA Wrestling membership card with them. More information about tournaments will be discussed later. The schedule is also posted on the California USA Wrestling website (www.ca-usaw.org).

**Community Youth Center
K-5 Wrestling Program**

D. AGE/WEIGHT GROUPS

- i. **Pee Wee** – 6 & under. This age category is not offered at State meets. At our local association (MDWA) tournaments there are Pee Wee Competitions. These wrestlers are paired by age and weight. There are no winners or losers and all of the participants get a gold medal.
- ii. **Bantam** – 7-8 yr olds.
Weight Classes: 40, 45, 50, 55, 60, 65, 70, 75, 75+ (15 lb max diff.)
- iii. **Midget** – 9-10 yr olds.
Weight Classes: 50, 55, 60, 65, 70, 75, 80, 87, 95, 103, 112, 120, 120+ (20 lb max diff.)
- iv. **Novice** – 11-12 yr olds.
Weight Classes: 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 120, 130, 140, 140+ (25 lb max diff.)

* **Note:** These age groups and weight classes are for USA Wrestling State Tournaments. At local association tournaments the age groups are the same but the weight categories are different. Wrestlers are pooled together with-in 10% of their body weight. USA Wrestling age groups are determined by the year of birth. For USA Wrestling age and weight divisions go to the California USA Wrestling website (www.ca-usaw.org).

E. PARENT INVOLVEMENT:

i. SUPPORTING YOUR CHILD

**An excerpt from
The Parents Guide to Youth Wrestling ©
By Bill Campbell**

Wrestling can be relatively demanding, not only for the wrestler, but for the parent as well. Wrestling clubs typically hold practice sessions two, and some times three times per week. Most tournaments are scheduled on Saturdays, in the spring, which may conflict with other family plans, but at a minimum require a good deal of preparation, driving and patience. Some state and regional tournaments that more advanced wrestlers may choose to compete in could be 2-day events, extending through Sunday.

Tournaments are often a good distance from home, and usually require an early start. There are other responsibilities as well, ranging from fund raising activities to helping with tournaments or participating in other team activities. The parent's role extends beyond such tasks. Matches and practice sessions offer new and unique learning opportunities for young athletes. Involved parents spot these opportunities and make the most of them.

Most importantly, kids need support and encouragement. They need to be able to stake claim to something positive about themselves that they can build from in developing self-confidence. Parents can facilitate this process by identifying and reinforcing strengths while helping their child see past their weaknesses. Your positive reinforcement as a perceptive and caring parent can be the single most significant influence in your child's athletic development and personal growth.

(Continued on next page)

Community Youth Center K-5 Wrestling Program

Additional Tips:

- ***Don't impose your ambitions or expectations on your child.*** Remember that wrestling is *your child's* activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push them based on what you think they should be doing.
- ***Be supportive no matter what.*** There is only one question to ask your child, "Did you have fun?" If meets and practices are not fun you should not force them to participate.
- ***Do not coach your child.*** Your job is to support, love and hug your child no matter what. Conflicting advice and criticism work against the coach's efforts and only serve to confuse and de-motivate your child. If you feel you have the experience and ability to contribute to the club as a coach, volunteer your services through the proper channels.
- ***Get involved.*** Your club needs your help and support. Attend parent and club meetings to find out how you can help. Most importantly, show your child that you care by attending as many meets and tournaments as possible.
- ***Acknowledge your child's fears.*** Their opponents appear to be much more intimidating through their eyes than through the eyes of a grown-up. Consider their perspective and don't expect them to compete with the confidence and mental toughness of a seasoned expert.
- ***Do not criticize the official.*** Unless you have been there, you have no idea how challenging officiating can be. Expect that in some matches your child could lose as a result of an error on the part of an official or scorekeeper. That's life. Help your child understand that the official does their best to score the match fairly, and that it is important that we respect the ruling of the officials regardless of how we feel about the situation.

ii. SUPPORTING CYC WRESTLING:

1. Parent volunteers play a vital role to the CYC Wrestling program.
 - a. **Special Events:** The CYC hosts several competitions, tournaments, cultural exchanges, and other functions.
 - b. **Three Coordinators:** All programs at the CYC identify three parent coordinators to assist the Head Coach and Program Director with special events, team travel, and other miscellaneous jobs.
 - i. The Parent Coordinator
 - ii. The Budget Coordinator
 - iii. The Event Coordinate
 - c. **Parent Meetings:** There are parent meetings and opportunities to get involved throughout the year, please contact the Program Director or Head Wrestling Coach for more information.